# **Youth Programs**

### Babysitter Training Ages 11 -15

If you're 11 to 15 years old, you can get the knowledge, skills and confidence to care for infants and schoolage children. Combining video, participant's handbook, activities, hands-on skills training and discussion for a complete learning experience, this course shows you how to respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care, make decisions under pressure, communicate with parents to learn household rules, recognize safety and hygiene issues, manage young children, feed, diaper and care for infants.

Full participant attendance is mandatory and the class may run late to ensure completion of the course. Please bring a bagged lunch with you. Limit: 10 per session.

Date: Saturday, November 20, 2010 or December 4, 2010

Time: 9:00 AM - 5:00 PM

Fee: \$42.00 Resident / \$52.50 Non-Resident

Location: Angelo Lamagna Activity Center Classroom

**Activity Number:** 

November 20, 2010: 3603.0103.101 Registration Deadline: November 15, 2010 December 4, 2010: 3603.0103.102 Registration Deadline: November 29, 2010

### Olympic Fever on Ice Grades 1 - 6

Hosted and taught by Melissa Gregory and Denis Petukhov, 2006 U.S. Olympians, *Olympic Fever on Ice* is a unique opportunity to learn to skate. Participants will learn the fundamentals of skating, including skating forwards, backwards, spins and jumps! No prior skating experience is necessary. Participants can bring their own skates or rent for no additional charge from the rink. Helmets and pads are not required but highly recommended. Location: Enfield Twin Rinks, 1 Prior Road.

#### Dates:

Session One: Mondays, October 4 – November 1
Session Two: Mondays, November 8 – December 6

Session One: Saturdays, October 2 – October 30
Session Two: Saturdays, November 6 – December 4

Activity Number: 3603.0117.103

Activity Number: 3603.0117.103

Activity Number: 3603.0117.104

**Times:** Mondays: 4:50 – 5:40 PM Saturdays: 5:20 – 6:10 PM

Fee: \$89.00 Resident / \$99.00 Non-Resident Location: Enfield Twin Rinks. 1 Prior Road

Registration Deadline: Session One: October 1, 2010 / Session Two: November 29, 2010

#### Recreation...the benefits are endless!

Enfield Recreation Department 19 North Main Street Enfield, CT 06082

860.253.6420

Please see the Fall Registration Information page for complete registration information including our withdrawal policy. Registration forms can be found on the Recreation Department's homepage under the general information heading.

## Gymnastics Classes Ages 1 1/2 and Up

#### Me & My Shadow Ages $1 \frac{1}{2}$ - 3

Toddlers learn basic balance, jumping, and stretching. Watch as they learn by crawling through tunnels and balancing on beams, all the way to jumping on a mini-trampoline. All this is done in a FUN atmosphere on size-appropriate equipment. Parental participation required. Limit 16

#### Tots in Motion Ages 3-4

Tots in Motion starts with the same basics learned in "Me and My Shadow," and adds on to the fundamentals of turning and leaping, including balancing on the beam, and strength with the uneven parallel bars. Limit 8

#### Gym Dandies Ages 4-5

In this class children begin to develop better listening skills, through extensive use of circuits. Every child will be able to successfully complete tasks, which will pave the road for future, fundamental gymnastics skills. Limit 10

#### Level One Ages 6 & Up

This is the beginning level of gymnastics. Once the child has mastered all the elements in their level they can progress to the next level. Children will be instructed on all apparatus. Limit 15

Location: New England School of Gymnastics, 215 Moody Road, Enfield, CT

Dates:

Session One: Saturdays, Oct. 9 - Oct. 30 Session Two: Saturdays, Nov. 6 - Nov. 27

Fees:

Me & My Shadow:	9:00 – 9:45 AM	\$45.00 Resident / \$55.00 Non-Resident
Tots in Motion:	9:45 - 10:30 AM	\$50.00 Resident / \$60.00 Non-Resident
Gymdandies:	10:30 – 11:15 AM	\$55.00 Resident/ \$65.00 Non-Resident
Level One:	11:30 – 12:30 PM	\$60.00 Resident / \$70.00 Non-Resident

#### **Activity Numbers:**

Me & My Shadow:	Session One: 3602.0117.101	Session Two: 3602.0117.102
Tots in Motion:	Session One: 3602.0117.103	Session Two: 3602.0117.104
Gymdandies:	Session One: 3602.0117.105	Session Two: 3602.0117.106
Level One:	Session One: 3602.0117.107	Session Two: 3602.0117.108

Registration Deadline: Session One: October 7, 2010 / Session Two: November 4, 2010

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### Dance Classes Ages 3 & up

Have your child participate in this wonderful dance experience! These classes are a great way to introduce your child to Tap, Ballet or Jazz. They will learn creative ways to express themselves through music, dance and movement. Classes will focus on skills and techniques for a young dancer. Leaps, jumps & across the floor movements will combine to a full dance routine. Children of all ages are welcome and will be instructed at their skill level. In the final class of the session, participants will put on a performance to show off what they learned. Participants should dress in dance wear of any color & style or in fitted comfortable clothing with ballet slippers or socks. Tap shoes are required for all tap classes.

Location: New England School of Gymnastics, 215 Moody Road, Enfield, CT

Tinker Ballet: 3 & up

Session One: Saturdays, Oct. 9 - Oct. 30 Activity Number: 3602.0117.109 Session Two: Saturdays, Nov. 6 - Nov. 27 Activity Number: 3602.0117.110

Time: 11:00 -11: 30 AM Fee: Residents: \$35.00 / Non-Residents: \$43.75

Tinker Tap: 3 & up

Session One: Saturdays, Oct. 9 - Oct. 30 Activity Number: 3602.0117.111
Session Two: Saturdays, Nov. 6 - Nov. 27 Activity Number: 3602.0117.112

Time: 11:30 -12: 00 Noon Fee: Residents: \$35.00 / Non-Residents: \$43.75

Youth Ballet: 5 & up

Session One: Saturdays, Oct. 9 - Oct. 30 Activity Number: 3602.0117.113 Session Two: Saturdays, Nov. 6 - Nov. 27 Activity Number: 3602.0117.114

Time: 12:00 -12: 30 PM Fee: Residents: \$40.00 / Non-Residents: \$50.00

Youth Jazz/Hip Hop: 5 & up

Session One: Saturdays, Oct. 9 - Oct. 30 Activity Number: 3602.0117.115 Session Two: Saturdays, Nov. 6 - Nov. 27 Activity Number: 3602.0117.116

Time: 12:30 -1: 00 PM Fee: Residents: \$40.00 / Non-Residents: \$50.00

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